DOCUMENT RESUME

ED 303 430 SP 030 846

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| TITLE | Community Guide to Cholesterol Resources. |
| INSTITUTION | National Heart and Lung Inst. (DHHS/NIH), Bethesda, MD. |
| REPORT NO | NIH-Pub-88-2927 |
| PUB DATE | Feb 88 |
| NOTE | 30p. |
| PUB TYPE | Guides - Non-Classroom Use (055) |
| EDRS PRICE | MF01/PC02 Plus Postage. |
| DESCRIPTORS | Behavior Change; *Cardiovascular System; *Community Resources; *Eating Habits; Health Services; Human Resources; Nutrition; Physicians; Professional Associations; Public Agencies; *Scientific and Technical Information |
| IDENTIFIERS | *Cholesterol |

ABSTRACT

This guide is divided into two sections, one for physicians and the other for patients. The physician section lists different resources including continuing medical education opportunities on the medical and scientific aspects of cholesterol and heart disease and on the physician's role in diagnosis and patient management. Additional materials on the dietary aspects of blood cholesterol lowering are also given. The patient section guides readers to information sources that offer practical tips to achieve the goals set by the physician. Since dietary changes are the first line of treatment, information on three major topics is covered: (1) fat and cholesterol content of foods; (2) guidelines for cooking and choosing foods; and (3) how to locate a dietitian to give personalized nutrition counseling for blood cholesterol lowering effects. Worksheets for both physician and patient are included. (JD)

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# Community Guide To Cholesterol Resources

U.S. DEPARTMENT OF EDUCATION
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National Cholesterol Education Program
National Heart, Lung, and Blood Institute

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Public Health Service
National Institutes of Health

# Community Guide To Cholesterol Resources

NIH Publication No. 88-2927
February 1988

# 1.
# Cholesterol Resources For Physicians

## Introduction for the Physician

### Why you, as a physician, need this guide

The job of lowering blood cholesterol takes work, and to comply with physician advice, patients will need help with the day to day aspects of changing eating habits or taking drugs correctly. In addition, physicians may want to expand their knowledge of cholesterol management issues. To cover these two areas, this guide is divided into two sections. The first is for physicians. The second section is for patients.

### The physician section

In the physician section, different resources are listed. These include CME opportunities on the medical and scientific aspects of cholesterol and heart disease and on the physician's role in diagnosis and patient management. Additional materials for professional audiences on the dietary aspects of blood cholesterol lowering are also given. Information to give to patients on cholesterol lowering drugs is listed too.

Publications and CME materials are listed by title. Those with a ($) are for sale, and prices are noted where known. Items without the ($) symbol are free.

### The patient section

The patient section guides readers to information sources that offer practical tips to achieve the goals set by the physician. Since dietary changes are the first line of treatment, information on three major topics are covered. These are: (1) fat and cholesterol content of foods, (2) guidelines for cooking and choosing foods, and (3) how to locate a dietitian to give personalized nutrition counseling for blood cholesterol lowering efforts. This section may be photocopied and given to patients for their own use.

### Locating nutrition counseling resources

For patients who do not respond well to initial attempts at dietary approaches and who need individualized nutrition counseling, physicians may want to take the lead in making referrals to qualified dietitians. The American Dietetic Association (ADA) maintains a roster of dietitians and the national office will respond to written requests for assistance in locating registered dietitians in a given state or area. Registered dietitians are qualified to do nutrition counseling for blood cholesterol lowering. The ADA also has a network of state affiliate associations. Officers in state ADA affiliates could be helpful in identifying local dietitians who will accept referrals from physicians for nutrition counseling. To locate the state ADA affiliate, physicians should also write to the national ADA office. Once information has been gathered from the national or state ADA components, physicians can selectively transfer local information to the worksheet provided with the physician section of this resource guide. This tailored list of dietitians can then be photocopied and given to patients who require nutrition counseling to complement the physician's own advice for blood cholesterol lowering.

Some local divisions of the American Heart Association may also maintain lists of dietitians who will do counseling for heart healthy nutrition, and will generally give this information to doctors and patients alike. Referrals for nutrition counseling may also be available through hospitals, state or local health departments, or nutrition departments of universities. These latter three sources may be researched by patients themselves and a patient worksheet is provided.

## Resources for Physicians

| Information Sources and How to Find Them | Who to Contact | What to Request |
|---|---|---|
| **Federal Government Information Sources** | | |
| **U.S. Department of Health and Human Services** | | |
| **National Institutes of Health, National Cholesterol Education Program**<br>National Heart, Lung, and Blood Institute<br>C-200<br>Bethesda, Maryland 20892<br>(301) 951-3260 | Information Specialist | Adult Treatment Panel Report—*Report of the Expert Panel on Detection, Evaluation, and Treatment of High Blood Cholesterol in Adults*—includes guidelines and patient management approaches.<br>*Highlights of the Adult Treatment Panel Report* —a summary of the longer, complete report.<br>*Heart to Heart: A Manual on Nutrition Counseling for the Reduction of Cardiovascular Disease Risk Factors* |
| **U.S. Department of Agriculture** | | |
| **Food and Nutrition Information Center, National Agricultural Library Building**<br>Room 304<br>10301 Baltimore Blvd.<br>Beltsville, Maryland 20705<br>(301) 433-3719 | Information Specialist/ Nutritionist | *Pathfinder—Dietary Fat and Heart Disease* —a list of books, booklets, journal articles, and audio-visual materials in the National Agricultural Library on the given topic. |
| **Professional Associations** | | |
| **The American Dietetic Association**<br>Suite 1100<br>208 South LaSalle Street<br>Chicago, Illinois 60604-1003<br>(312) 899-0040 | Division of Practice | Nutritionists/dietitians in private practice who will accept patients on referral from a physician for dietary counseling for blood cholesterol lowering.<br>Location of state ADA affiliate and name and address of current officers to use as a reference for identifying educational seminars for professionals or activities for patients. |
| | Publications Department | *Hyperlipidemia: Lipid Metabolism and Food Patterns*—a self-study kit ($29.95). |
| **American Heart Association**<br>National Center<br>7320 Greenville Avenue<br>Dallas, Texas 75231<br>(214) 750-5300<br>To find a **local AHA affiliate or division:** Consult the business white pages under "American Heart" or "Heart Association" | Scientific Sessions Director at the national AHA office | Scientific sessions for physicians at the annual meeting in November of each year. |
| | Nutritionist/Health Educator/Program Specialist | *Counseling the Patient with Hypercholesterolemia*<br>*Counseling Adolescents for Dietary Changes*—describes methods that are useful for adults as well.<br>*Rationale of the Diet-Heart Statement of the American Heart Association*<br>*The Physician's Cholesterol Education Handbook: Recommendations for the Detection, Classification, and Treatment of High Blood Cholesterol* |

| Information Sources and How to Find Them | Who to Contact | What to Request |
|---|---|---|
| **Professional Associations (continued)** | | |
| **American Heart Association (continued)**<br>To find a **local AHA affiliate or division:** Consult the business white pages under "American Heart" or "Heart Association" | Nutritionist/Health Educator/Program Specialist | *Dietary Guidelines for Healthy American Adults: A Statement for Physicians and Health Professionals*<br>*Heart Rx*—a package of educational materials and guides for use in developing office-based, CVD risk factor reduction, patient education programs. Contains materials on the topics of 1) Diet Modification and Nutrition, 2) Smoking—Helping the Smoker to Quit, 3) High Blood Pressure Control, and 4) Early Warning Signs of Heart Attack and Stroke. The nutrition section contains selected AHA professional publications listed above plus many of the AHA lay publications listed in the patient section of this resource guide. In addition special materials such as reproducible masters for a diet history sheet and behavior change contracts are included. *Heart Rx* offers a wealth of practical guidance to the physician and useful patient level materials. |
| | Program Specialist | Dates, times, and locations of upcoming seminars in the Physician's Cholesterol Education Program<br>Physician's Cholesterol Education Program—seminars held by local AHA affiliates/divisions to increase physician knowledge of how to detect, treat, manage and provide counseling to patients with elevated serum cholesterol levels. Some seminars will be held in conjunction with normal physician education networks such as county medical societies, hospital grand rounds, and CME efforts |
| | Nutritionist | List of local dietitians who can do personal dietary counseling for cholesterol lowering diets on referral from a physician. |
| **United States Pharmacopeial Convention**<br>12601 Twinbrook Parkway<br>Rockville, Maryland 20852<br>(301) 881-0666 | Order Processing Department | *USP DI: Volume I: Drug Information for the Health Care Provider* (1988 edition)—detailed information on many drugs, including those that lower cholesterol; updated with supplements bimonthly ($95.00).<br>*USP Drug Information Volume II: Advice for the Patient* (1988 edition)—contains reproducible sheets of patient oriented information on many drugs, including types of cholesterol-lowering drugs; updated with supplements bimonthly ($35.00). |

## Resources for Physicians

| Information Sources and How to Find Them | Who to Contact | What to Request |
|---|---|---|
| **Professional Associations (continued)** | | |
| **American Society of Hospital Pharmacists**<br>4630 Montgomery Avenue<br>Bethesda, Maryland 20814<br>(301) 657-3000 | Publications Department | *Consumer Drug Digest*—book giving patient-oriented information on more than 250 drugs, including several of the lipid lowering drugs ($11.00). |
| **Society for Nutrition Education**<br>Suite 300<br>1700 Broadway<br>Oakland, California 94612<br>(415) 444-7133 | Publications Department | *Journal of Nutrition Education,* Review Section—helpful reviews of new educational materials for professionals and patients alike.<br><br>*National Weight Control Resource Directory* (available in summer 1988)—descriptions and listings of books, educational programs, audio-visuals, kits, cookbooks, computer software, and local resources on the topic of weight control ($). |
| **Community Resources** | | |
| **Hospitals**<br><br>For listings of hospitals in a given area, consult the yellow pages under "Hospitals" | Continuing Medical Education (CME) Office/Library | CME courses or self-teaching materials on cholesterol and heart disease. |
| | Library | Interlibrary loan for materials listed in the National Agricultural Library Pathfinder: *Dietary Fat and Heart Disease* or for other items in the physician or patient resource lists. |
| **University or Large Hospital** | Library | "Guide to Materials for Use in Teaching Clinical Nutrition in Schools of Medicine, Dentistry and Public Health II" in *American Journal of Clinical Nutrition,* 1987, volume 45, pages 643-660—an article with an extensive materials list.<br><br>Materials review section of the bimonthly *Journal of Nutrition Education.* |
| **State Medical Society** | Continuing Medical Education (CME) Office/Education Office | Courses and CME programs in cholesterol and heart disease.<br><br>Locations of family residency programs, preventive medicine residency programs, community teaching hospitals that have reference copies of the NHLBI CME module *Cholesterol: Current Concepts for Clinicians.* |

## Resources for Physicians

| Information Sources and How to Find Them | Program Name | Program Descriptions |
|---|---|---|
| **Continuing Medical Education Opportunities** | | |
| **Science and Medicine**<br>909 Third Avenue<br>New York, New York 10022<br>(202) 909-9348 | Cholesterol and Coronary Disease . . . Reducing the Risk | Newsletter with documented articles on aspects of cholesterol research and patient management plus a set of audiotapes.<br><br>Speakers for local physician groups also available.<br><br>CME credit through Columbia University College of Physicians and Surgeons. |
| **Johns Hopkins Preventive Cardiology Program**<br>Harvey 402<br>Johns Hopkins Hospital<br>600 N. Wolf Street<br>Baltimore, Maryland 21205<br>(301) 955-7671 | The Johns Hopkins Physician's Lipid Education Program | Monographs in booklet form with practical bibliographies.<br><br>CME credit through Johns Hopkins University Medical School.<br><br>Two new versions, one for medical students and one for physicians in practice will be available in spring 1988. Limited copies available of existing version through spring 1988. |
| **National Cholesterol Education Program, National Heart, Lung, and Blood Institute**<br>C-200<br>Bethesda, Maryland 20892<br>(301) 951-3260 | Cholesterol: Current Concepts for Clinicians | A monograph, reprints of scientific articles and reports, and patient education materials.<br><br>CME credit through Hahnemann University School of Medicine.<br><br>Available locally through state medical societies, family residency programs, preventive medicine residency programs, and CME offices of local teaching hospitals. |

## Physician Worksheet for Locating Dietitians Who Will Do Nutrition Counseling for Cholesterol Lowering

**Local Resources of The American Dietetic Association**
Information obtained from the national office of the American Dietetic Association (ADA) (Suite 1100, 208 South LaSalle Street, Chicago, Illinois 60604-1003, phone (312) 899-0040):

**State affiliate of the American Dietetic Association**

Affiliate Name _____

President or Executive Director (Name, Address, Phone) _____

_____

_____

_____

Program/Education Coordinator (Name, Address, Phone) _____

_____

_____

_____

**ADA members in my practice area who do dietary counseling for reduction of saturated fat and cholesterol:**

| Name | City or Town | Phone |
|---|---|---|
| 1. | | |
| 2. | | |
| 3. | | |
| 4. | | |
| 5. | | |
| 6. | | |
| 7. | | |
| 8. | | |
| 9. | | |
| 10. | | |
| 11. | | |
| 12. | | |
| 13. | | |
| 14. | | |
| 15. | | |

**Local Resources from The American Heart Association**
Information obtained from the local division of the American Heart Association (AHA), as listed in the business white pages under "Heart Association" or "American Heart."

**Nutritionists/dietitians recommended by the AHA who will do dietary counseling for blood cholesterol reduction:**

| Name | City or Town | Phone |
|---|---|---|
| 1. | | |
| 2. | | |
| 3. | | |
| 4. | | |
| 5. | | |
| 6. | | |
| 7. | | |
| 8. | | |
| 9. | | |
| 10. | | |
| 11. | | |
| 12. | | |
| 13. | | |
| 14. | | |
| 15. | | |

For_____ (patient) From Dr._____

## Registered Dietitians Who Will Do Nutrition Counseling For Reduction of Saturated Fat and Cholesterol

**Dietitians recommended by the American Dietetic Association:**

| Name | Town or City or Neighborhood | Phone |
|---|---|---|
| 1. | | |
| 2. | | |
| 3. | | |
| 4. | | |
| 5. | | |
| 6. | | |
| 7. | | |
| 8. | | |
| 9. | | |
| 10. | | |
| 11. | | |
| 12. | | |
| 13. | | |
| 14. | | |
| 15. | | |

**Dietitians recommended by the American Heart Association:**

| Name | Town or City or Neighborhood | Phone |
|---|---|---|
| 1. | | |
| 2. | | |
| 3. | | |
| 4. | | |
| 5. | | |
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| 11. | | |
| 12. | | |
| 13. | | |
| 14. | | |
| 15. | | |

# 2.
# Cholesterol Resources For Patients

**Why you, as a patient, need this list**

Reaching the lower blood cholesterol level advised by your doctor will require some changes and challenges.

Since the mainstay of lowering blood cholesterol is a change in eating habits, this list will help you locate information about the practical aspects of (1) choosing and cooking foods in new ways, (2) fat and cholesterol content of foods, and (3) finding a dietitian who can give personalized nutrition counseling to help you in your cholesterol lowering efforts.

**How the list is organized**

The list is divided into sections according to whether information is available from government agencies, health associations, or local community sources. Each leads you to information in different ways.

In all of the sections, some books and pamphlets are listed by titles which you can request. Those with a ($) symbol are for sale, and prices are given when they are known. Others, the ones without the ($) symbol, are free if you ask for one copy of each. Publications by the federal government may be obtained as single copies from the agency listed or may be purchased directly from the U.S. Government Printing Office by following the instructions at the end of this introduction.

**How you can use this list**

Much valuable information is offered through the associations which are listed in the second section. The address of each national office is given first, followed by instructions on how to find state or local offices, if they exist. Although most pamphlets and books are produced by the national office, they are usually available through local offices as well. Local offices may have additional materials of their own. Services such as classes or nutrition counseling are available only through the local chapters, so it is a good idea to contact a local office first.

The third section gives ideas for finding information in your own community. Often you will have to consult the telephone directory and make a few phone calls. Many state and local health departments have excellent pamphlets on fats and heart disease. Some may offer classes or nutrition counseling as well. To record the information you have tracked down, worksheets are provided.

A fourth section gives nutrition contacts for state health departments. Although the list is current as of fall of 1986, it is subject to change. However, by contacting the office listed for your state you can be referred to any person or office that may handle heart disease nutrition information in the future.

**How to find nutrition counseling services**

If your doctor has recommended that you consult a dietitian to help you with the dietary changes needed to lower your blood cholesterol, he or she may give you a list of persons to contact. However, your doctor may also advise you to seek this type of consultation on your own. If so, ideas for finding qualified registered dietitians are given in this resource guide.

**How to order publications from the U.S. Government Printing Office**

The publications listed on the following page may be purchased directly from the U.S. Government Printing Office (GPO).

To order, write the title, the GPO stock number, and your name and address with zip code and send this information with payment to:

Superintendent of Documents
U.S. Government Printing Office
Washington, D.C. 20402

The price includes shipment within the continental U.S. Checks or money orders should be made payable to: Superintendent of Documents. Delivery takes three to four weeks. Items marked with an (*) are temporarily out of stock but will be reprinted.

If you cannot afford to buy these publications, you may wish to ask your library to add them to the reference collection or to get them through an interlibrary loan.

| Title | GPO Stock No. | Price |
|---|---|---|
| Nutritive Value of Foods: Home and Garden Bulletin 72 (1985) (72 pgs.) | 001-000-04457-5 | $ 2.75 |
| Nutritive Value of American Foods in Common Units: Agricultural Handbok 456 (1975) (291 pgs.) | 001-000-03184-8 | $ 8.50 |
| Mini Bulletin: Avoid Too Much Fat, Saturated Fat, and Cholesterol: Home and Garden Bulletin 232-3 (1986) (Included as 1 of 7 pamphlets in the Dietary Guidelines and Your Diet series) (52 pgs. in the series) | 001-000-04467-2 | $ 4.50 |

**Volumes in the new Handbook 8 Series:**

| Series | Title | GPO Stock No. | Price |
|---|---|---|---|
| AH-8-1 | Dairy and Egg Products (1976) (158 pgs.) | 001-000-03635-1 | $ 7.00 |
| AH-8-2 | Spices and Herbs (1977) (55 pgs.) | 001-000-03646-7 | $ 3.75 |
| AH-8-3 | Baby Foods(*) | 001-000-03900-8 | $12.00 |
| AH-8-4 | Fats and Oils (1979) (142 pgs.) | 001-000-03984-9 | $ 7.00 |
| AH-8-5 | Poultry Products (1979) (330 pgs.) | 001-000-04008-1 | $ 9.50 |
| AH-8-6 | Soups, Sauces,and Gravies (1980) (228 pgs.) | 001-000-04114-2 | $ 8.00 |
| AH-8-7 | Sausages and Luncheon Meats (1980) (92 pgs.) | 001-000-04183-5 | $ 6.00 |
| AH-8-8 | Breakfast Cereals(*) | 001-000-04283-1 | $ 9.00 |
| AH-8-9 | Fruits and Fruit Juices (1982) (283 pgs.) | 001-000-04287-4 | $ 9.00 |
| AH-8-10 | Pork Products (1983) (206 pgs.) | 001-000-04368-4 | $ 7.50 |
| AH-8-11 | Vegetables and Vegetable Products (1984) (502 pgs.) | 001-000-04427-3 | $16.00 |
| AH-8-12 | Nut and Seed Products(*) | 001-000-04429-0 | $ 7.50 |
| AH-8-13 | Beef Products (1986) (396 pgs.) | 001-000-04482-6 | $19.00 |
| AH-8-14 | Beverages (1986) (173 pgs.) | 001-000-04468-1 | $ 9.50 |
| AH-8-15 | Fish and Shellfish (1987) (192 pgs.) | 001-000-04497-4 | $10.00 |
| AH-8-16 | Legumes and Legume Products (1987) (156 pgs.) | 001-000-04488-5 | $ 8.50 |

## Resources for Patients and the Public

| Information Sources and How to Find Them | Who to Contact | What to Request |
|---|---|---|
| **Federal Government Information Sources** | | |
| **U.S. Department of Health and Human Services** | | |
| **National Institutes of Health, National Cholesterol Education Program**<br>National Heart, Lung, and Blood Institute<br>C-200<br>Bethesda, Maryland 20892<br>(301) 951-3260 | Information Specialist | *Test Your Healthy Heart I.Q.*—a self-quiz.<br>*Facts About . . . Blood Cholesterol*—a general fact sheet.<br>*So You Have High Blood Cholesterol*—an explanation for patients.<br>*Eating to Lower Your High Blood Cholesterol*—dietary changes that work to lower blood cholesterol, explanations of saturated, mono- and poly-unsaturated fat, dietary cholesterol, and content of fat and cholesterol in common foods. |
| **Food and Drug Administration, Office of Consumer Affairs, HFE-88**<br>5600 Fishers Lane<br>Rockville, Maryland 20857<br>(301) 443-3170 | Consumer Affairs Department/ Consumer Inquiries Department | Reprints from *FDA Consumer*—packets of reprints from the magazine *FDA Consumer* on selected topics, including fats and cholesterol, nutrition.<br>Information on food labeling, fat and cholesterol composition of foods, nutrition. |
| To locate a **regional FDA Consumer Affairs Office,** consult the U.S. section of the blue government pages under "Health and Human Services, Food and Drug Administration" | Consumer Affairs Officer | Items available from the main Rockville office are also available from the regional FDA Consumer Affairs Officers on specific request. |
| **U.S. Department of Agriculture** | | |
| **Extension Service**<br>To find a **local office:** Consult the county or state government section of the white pages under "Cooperative Extension" or "Extension" | Food and Nutrition Specialist | Information on low fat, low cholesterol cooking.<br>Publications on fat and cholesterol content of foods, nutrition, heart healthy eating.<br>Classes and programs in nutrition.<br>Related publications and services may vary from state to state. |
| If extension offices are not readily located through the phone book, consult the master list of county extension agents published by Century Communications | Book Division<br>Century Communications, Inc.<br>6201 West Howard St.<br>Niles, Illinois 60648<br>(312) 647-1200 | *County Agents Directory*—a list of agricultural extension agents updated biannually ($19.95). |
| **Human Nutrition Information Service**<br>Public Information Office<br>Room 360, Federal Building<br>6505 Belcrest Road<br>Hyattsville, Maryland 20782<br>(301) 436-8617 | Information Specialist | *Dietary Guidelines for Americans*—seven simple steps for eating patterns that lead to better health.<br>*Mini Bulletin: Avoid Too Much Fat, Saturated Fat, and Cholesterol: Home and Garden Bulletin 232-3*—tips on choosing foods low in saturated fat and cholesterol. |

| Information Sources and How to Find Them | Who to Contact | What to Request |
|---|---|---|

### Federal Government Information Sources (continued)

#### U.S. Department of Agriculture, continued

| | | |
|---|---|---|
| **Human Nutrition Information Service**<br>Public Information Office<br>Room 360, Federal Building<br>6505 Belcrest Road<br>Hyattsville, Maryland 20782<br>(301) 436-8617 | Information Specialist | *Nutritive Value of Foods: Home and Garden Bulletin 72*—includes amounts of total fat, saturated fat, and mono- and poly-unsaturated fat, and cholesterol in 908 common foods ($2.75 from GPO).<br><br>*Nutritive Value of American Foods in Common Units: Agricultural Handbook 456*—includes total fat data on more than 2480 household food items; values for saturated and unsaturated fats are based on older data but are interesting for comparisons ($8.50 from GPO).<br><br>*Handbook 8: Composition of Foods*—a series of over 15 volumes detailing the nutrient contents of thousands of foods, including saturated fats and cholesterol and the mono- and poly-unsaturated fats and component fatty acids; must be purchased from the U.S. Government Printing Office; titles are (1) *Dairy and Egg Products,* (2) *Spices and Herbs,* (3) *Baby Foods,* (4) *Fats and Oils,* (5) *Poultry Products,* (6) *Soups, Sauces, and Gravies,* (7) *Sausages and Luncheon Meats,* (8) *Breakfast Cereals,* (9) *Fruits and Fruit Juices,* (10) *Pork Products,* (11) *Vegetables and Vegetable Products,* (12) *Nut and Seed Products,* (13) *Beef Products,* (14) *Beverages,* (15) *Fish and Shellfish,* (16) *Legumes and Legume Products;* useful as references ($ from GPO). |
| **Food and Nutrition Information Center, National Agricultural Library**<br>NAL Building, Room 304<br>10301 Baltimore Blvd.<br>Beltsville, Maryland 20705<br>(301) 344-3719 | Information Specialist/ Nutritionist | *Pathfinder—Dietary Fat and Heart Disease*—a list of books, booklets, journal articles, and audiovisual materials on this topic in the National Agricultural Library. |

### State and Local Government (Public Health) Information Sources

| | | |
|---|---|---|
| **State Health Departments**<br><br>To locate offices of the state health department, consult the state section of the government blue pages under "Health" | Nutrition Department/ Health Education Department/Heart Disease Risk Reduction Coordinator | Location and description of programs in cholesterol and heart disease prevention education throughout the state.<br><br>Pamphlets on cholesterol and fats and nutrition.<br><br>Location of nutrition counseling services in state health offices or clinics. |

| Information Sources and How to Find Them | Who to Contact | What to Request |
|---|---|---|
| **State and Local Government (Public Health) Information Sources (continued)** | | |
| **State Health Departments (continued)**<br>If you cannot find a nutrition office for your state health department, consult the list of Nutrition Contacts provided with this resource guide. | These may be located within divisions of the same names or in divisions of chronic disease, preventable disease, health promotion, family health, community health or maternal and child health. Departments vary from state to state. | Location of health education centers.<br>Publications and services will vary from state to state. |
| **County, City, and Local Health Departments**<br>To identify local health department offices, consult the county or city sections of the government blue pages under "Health" | Nutritionist/Registered Dietitian | Nutrition counseling for low fat, low cholesterol diets<br>Pamphlets on fat and cholestrol and nutrition, heart healthy eating habits.<br>Publications and services vary from place to place and may be tailored to specific groups and reading levels. |
| **Associations** | | |
| **American Heart Association**<br>National Center<br>7320 Greenville Avenue<br>Dallas, Texas 75231<br>(214) 750-5300<br>To find a **local AHA affiliate or division:** Consult the business white pages under "American Heart" or "Heart Association" | Inquiries Department at the AHA National Center for single copies of listed AHA publications | *Nutrition Counseling for Cardiovascular Health: A Consumer Guide*—how to choose a nutrition counselor for cholesterol lowering diets.<br>*Cholesterol and Your Heart*<br>*The American Heart Association Diet*<br>*Recipes for Fat-Controlled Low Cholesterol Meals*<br>*Dining Out*<br>*Grocery Guide: Tips for Wise Food Selection*<br>*Nutrition Labeling: Food Selection Hints for Fat-Controlled Meals*<br>*Save Food Dollars and Help Your Heart*<br>*A Guide to Losing Weight*<br>*Eating for a Healthy Heart: Dietary Treatment of Hypercholesterolemia*<br>*Nutritious Nibbles*—hints for heart healthy snacking.<br>*Taking It Off*—a self-help guide to weight loss |

| Information Sources and How to Find Them | Who to Contact | What to Request |
|---|---|---|
| **Associations (continued)** | | |
| **American Heart Association (continued)**<br>To find a **local AHA affiliate or division:** Consult the business white pages under "American Heart" or "Heart Association" | Nutritionist/Program Specialist/Health Educator in a local AHA affiliate or division for information on local services or copies of specific publications | *In Control*—a home video weight loss program. Contains an educational video tape, a viewer's guide, and a program diary. May be borrowed or purchased from local AHA affiliates or divisions.<br>List of local dietitians who can do dietary counseling for diets to lower blood cholesterol.<br>Instructors and institutions sponsoring Culinary Hearts Kitchen Course—classes in low fat, low cholesterol, low salt cooking. |
| **The American Dietetic Association**<br>Suite 1100<br>208 S. LaSalle Street<br>Chicago, Illinois 60604-1003<br>(312) 899-0040 | Publications Department<br><br>Division of Practice | *Food 2: The Dieter's Guide* ($4.00)<br>*Food 3: Eating the Moderate Fat and Cholesterol Way* ($2.50).<br>Registered dietitians in private practice who do nutrition counseling for reducing fat and cholesterol; referral from a physician is necessary. |
| **Society for Nutrition Education**<br>Suite 300<br>1700 Broadway<br>Oakland, California 94612<br>(415) 444-7133 | Publications Department | *The Family Health Cookbook*—gives the fat content of each recipe ($9.95).<br>*National Weight Control Resource Directory* (available summer of 1988)—listings and descriptions of books, educational programs, audiovisuals, low fat cookbooks, computer software, and local resources on the topic of weight control ($). |
| **American Society of Hospital Pharmacists**<br>4630 Montgomery Avenue<br>Bethesda, Maryland 20814<br>(301) 657-3000 | Publications Department | *Consumer Drug Digest*—gives patient information on over 250 drugs, including several that lower cholesterol ($11.00). |
| **Diabetes Center, Inc.**<br>P.O. Box 739<br>Wayzata, Minnesota 55343<br>1-800-848-2793 | Publications Order Department | *Fast Food Facts: Nutritive and Exchange Values for Fast-Food Restaurants*—includes total fat content and fat exchange values ($3.50). |
| **Central Indiana District Dietetic Association**<br>P.O. Box 1712<br>Indianapolis, Indiana 46206 | Publications Order Office | *Food Composition Tables for Convenience Foods*—includes total fat content and fat exchange values ($9.50). |
| **Citizens for Public Action on Cholesterol**<br>Suite 608<br>1101 17th Street, N.W.<br>Washington, D.C. 20036 | Staff | *Combat High Cholesterol: Cut Down on Heart Disease* |

## Resources for Patients and the Public

| Information Sources and How to Find Them | Who to Contact | What to Request |
|---|---|---|
| **Community Resources** | | |
| **Hospitals**<br>For listings of hospitals in a given area, consult the yellow pages under "Hospitals" | Wellness Department/ Health Promotions/ Dietary Department/ Nutrition Outpatient Clinic/Public Relations | Nutrition information for lowering high blood cholesterol.<br>Nutrition counseling<br>Educational programs for reducing heart disease risk<br>Low fat and low cholesterol cooking classes |
| **Health Maintenance Organizations**<br>For listings of HMO's in a given area, consult the yellow pages under "Health Maintenance Organizations" | Registered Dietitian/ Nutritionist/Health Educator/Public Relations Department | Nutrition information for lowering high blood cholesterol.<br>Nutrition counseling<br>Low fat, low cholesterol cooking classes. |
| **School Systems or Education Departments of Counties, Cities, Towns**<br>For offices of continuing or community education, consult the government blue pages under "Education" or "Schools" | Adult Education/ Continuing Education/Evening Education/Community Education | Classes in low fat, low cholesterol, heart healthy cooking.<br>Weight control classes. |
| **County and Community Colleges**<br>To locate county and community colleges, consult the yellow pages under "Schools—Universities and Colleges (Academic)" | Adult Education Office/Continuing Education/Community Education<br>Library | Low fat, low cholesterol, heart healthy cooking classes.<br>Reference books on fat and cholesterol content of foods. |
| **YMCA's and YWCA's**<br>To locate facilities, consult the business white pages under "YMCA" or "YWCA" or "Young Men's Christian Association" or "Young Women's Christian Association" | Community Education Office | Classes in low fat, low cholesterol, heart healthy cooking. |
| **State Universities**<br>To locate major state universities and land grant colleges, consult the business white pages under the specific name of each local university | Agriculture Department, Cooperative Extension Service/ Agricultural Extension Service/Home Economics Department/Nutrition Department/Food Sciences Department/ Dietetics Department | Dietitians who will do nutrition counseling for low fat, low cholesterol diets. |

| Information Sources and How to Find Them | Who to Contact | What to Request |
|---|---|---|
| **Community Resources (continued)** | | |
| **State Universities (continued)** | Main Library/ Agricultural Library/ Home Economics Library | Books on fat and cholesterol contents of foods: the 15 + volumes of *USDA Handbook 8*.<br>Other publications by the U.S. Department of Agriculture. |
| **Book Stores**<br>To identify book stores, consult the yellow pages under "Book dealers—retail" | Order Department/ Display area for cookbooks or health | *American Heart Association Cookbook 4th Edition* ($10.95 paperback, $16.95 hard cover)<br>Other low fat, heart healthy cookbooks |
| **Public Libraries**<br>To identify local libraries consult the government blue pages for a given locality under "Libraries" | Reference Librarian | Low fat, heart healthy cookbooks<br>Interlibrary loan of materials listed in the National Agricultural Library *Pathfinder: Fat and Heart Disease* or of any other reference materials listed in this resource guide.<br>Nutrition/health magazines<br>Low fat recipes in family and women's magazines |

## Nutrition Contacts in State Health Departments

**Alabama**
Mary Lou Gedel
Director, Division of Nutrition Services
Alabama Department of Public Health
State Office Building
Montgomery, AL 36130
(205) 261-5661

**Alaska**
Joan M. Pelto
Chief Nutritionist
Alaska Department of Health and Social Services
P.O. Box H
Juneau, AK 99811-0611
(907) 465-3103

**Arizona**
Sheryl Lee
Chief, Office of Nutrition Services
Arizona Department of Health Services
1740 West Adams Street
Phoenix, AZ 85007
(602) 255-1886

**Arkansas**
Mary T. Bell
Director, Nutrition Services
Arkansas Department of Health
4815 West Markham St.
Little Rock, AR 72205
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**California**
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Nutrition Consultant
Consultation Unit
Adult Health Section
Preventive Medical Services Division
California Department of Health Services
714 P Street
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(916) 324-7758

**Colorado**
William Eden
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Colorado Department of Health
4210 East 11th Avenue
Denver, CO 80220
(303) 331-8380

**Connecticut**
Nancy E. Zinneman
Chief, Nutrition Section
Community Health Division
Connecticut Department of Health Services
150 Washington Street
Hartford, CT 06106
(203) 566-2520

**Delaware**
Deborah Clendaniel
Director, Nutrition Services
Delaware Department of Health and Social Services
Robbins Building
802 Silver Lake Blvd. and Walker Road
Dover, DE 19901
(302) 736-4725

**District of Columbia**
Doris Crosson
Acting Chief
Nutrition Coordinator
Bureau of Maternal and Child Health
D.C. Department of Human Services
1875 Connecticut Ave., NW
Washington, D.C. 20009
(202) 673-6707

**Florida**
Ann Rhodes
Program Supervisor
WIC and Nutrition Services
Florida Department of Health and Rehabilitative Services—P.D.H.E.C.P.
1317 Winewood Blvd.
Tallahassee, FL 32301
(904) 488-8985

**Georgia**
Frances Hanks Cook
Director, Office of Nutrition
Division of Public Health
Georgia Department of Human Resources
878 Peachtree St., NE
Atlanta, GA 30309
(404) 894-7600

**Hawaii**
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Chief, Nutrition Branch
Hawaii Department of Health
3627 Kilauea Avenue
Honolulu, HI 96816
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**Idaho**
Mary Lou Beck
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Bureau of Child Health
Idaho Department of Health and Welfare
450 West State
Boise, ID 83720
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**Illinois**
Elvira Jarka
Coordinator
Nutrition Services
Illinois Department of Public Health
535 West Jefferson St.
Springfield, IL 62761
(312) 917-2777

**Indiana**
Gerry Seifert
Director, Nutrition Division
Indiana State Board of Health
1330 West Michigan St.
Indianapolis, IN 46206-1964
(317) 633-0206

**Iowa**
Susan Anthony
Nutrition Bureau Chief
Family and Community Health
Iowa Department of Public Health
Disease Prevention and Health Promotion
Lucas State Office Bldg.
Des Moines, IA 50319-0075
(515) 281-7501

## Nutrition Contacts in State Health Departments (continued)

**Kansas**
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Bureau of Family Health
Kansas Department of Health and Environment
Landon State Office Bldg.
9th and Jackson
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**Kentucky**
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275 East Main Street
Frankfort, KY 40601
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**Louisiana**
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Louisiana Department of Health and Human Resources
325 Loyola Avenue
New Orleans, LA 70112
(504) 568-5065

**Maine**
Ibrahim Parvanta
Nutrition Consultant
Division of Maternal and Child Health
Maine Department of Human Services
Bureau of Health
State House, Station 11
Augusta, ME 04333
(207) 289-3311

**Maryland**
Diana Schmidt
Chief, Division of Chronic Disease/Nutrition
Maryland Department of Health and Mental Hygiene
201 West Preston St.
Baltimore, MD 21201
(301) 225-6783

**Massachusetts**
Barbara Polhamus
Director of Nutrition Services
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Massachusetts Department of Public Health
150 Tremont Street
Boston, MA 02111
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**Michigan**
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Bureau of Community Services
Michigan Department of Public Health
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Lansing, Michigan 48909
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**Minnesota**
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**Mississippi**
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Mississippi State Department of Health
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**Missouri**
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**Nebraska**
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**Nevada**
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**New Hampshire**
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**New Jersey**
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## Nutrition Contacts in State Health Departments (continued)

**New Mexico**
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Health and Environment Department
Health Services Division
Adult Health and Nutrition Bureau
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Santa Fe, NM 87504-0968
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**New York**
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New York State Department of Health
Nelson A. Rockefeller Empire State Plaza
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**North Carolina**
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**North Dakota**
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**Ohio**
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**Oregon**
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**Pennsylvania**
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**Rhode Island**
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**South Carolina**
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**Texas**
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**Utah**
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**Vermont**
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**Virginia**
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## Nutrition Contacts in State Health Departments (continued)

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Mail Stop LK13
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**West Virginia**
Margaret E. Ferguson
Director, Nutrition Services
Division of Local Health
West Virginia Department of Health
1800 Washington Street
Charleston, WV 25305
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**Wisconsin**
(Regional Nutritionists)
Wisconsin Department of Health and Social Services
P.O. Box 309
Madison, WI 53701

**Wyoming**
Janet Mathison-Moran
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Division of Health and Medical Services
Wyoming Department of Health and Social Services
Hathaway Building
Cheyenne, WY 82002
(307) 777-6026

**Puerto Rico**
Nexy Quinones-Toyos
Director, Nutrition and Dietetics State Program
Puerto Rico Department of Health
GPO Box 71423
San Juan, PR 00936
(809) 751-3125

## Community Resources for Cholesterol Information: Patient Worksheet

### Local American Heart Association Chapter

Chapter Name _____

Address _____

_____

Phone Number _____

AHA Nutritionist's Name _____

**Dietitians Who Do Dietary Counseling for Cholesterol Reduction** Who Are Recommended by the Local Heart Association

| Name | Town or City | Phone |
|---|---|---|
| 1. _____ | _____ | _____ |
| 2. _____ | _____ | _____ |
| 3. _____ | _____ | _____ |
| 4. _____ | _____ | _____ |
| 5. _____ | _____ | _____ |
| 6. _____ | _____ | _____ |
| 7. _____ | _____ | _____ |
| 8. _____ | _____ | _____ |
| 9. _____ | _____ | _____ |

**Other Educational Opportunities for Patients** (Culinary Hearts cooking classes, other programs on low fat, low cholesterol cooking and eating)

_____

_____

_____

_____

_____

## Community Resources for Cholesterol Information: Patient Worksheet

**Nutrition/Heart Disease Prevention Officer in State Health Department**

Name _____

Title _____

Address _____

_____

_____

Phone (area code ) _____

**State Programs in Heart Healthy Nutrition** (low fat, low cholesterol cooking; nutrition counseling; screening and counseling)

| Location | Services | Dates/Times |
|---|---|---|
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |

**Titles of Publications Available**

_____

_____

_____

_____

_____

## Community Resources for Cholesterol Information: Patient Worksheet

**County, City, or Local Health Department Office That Handles Nutrition**

Office Name _____

Address _____

_____

_____

Phone (area code _____ ) _____

**Where nutrition counseling or information is available for cholesterol reduction**

| Place | Phone |
|---|---|
| | |
| | |
| | |
| | |
| | |

**Titles of publications available**

_____

_____

_____

_____

_____

_____

## Community Resources for Cholesterol Information: Patient Worksheet

**Agricultural Extension Service (USDA, state or county offices)**

Address _____

_____

_____

Phone (area code _____) _____ _____

**Programs or classes**

_____

_____

_____

_____

**Titles of Publications Available**

_____

_____

_____

_____

_____

DISCRIMINATION PROHIBITED: Under provisions of public laws enacted by Congress since 1964, no person in the United States shall, on the grounds of race, color, national origin, handicap, or age, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any program or activity (or, on the basis of sex, with respect to any education program or activity) receiving Federal financial assistance. In addition, Executive Order 11141 prohibits discrimination on the basis of age by contractors and subcontractors in the performance of Federal contracts, and Executive Order 11246 states that no federally funded contractor may discriminate against any employee or applicant for employment because of race, color, religion, sex, or national origin. Therefore, the National Heart, Lung, and Blood Institute must be operated in compliance with these laws and Executive Orders.